

## Spring Clean Yourself with a 3-Day Green Smoothie Cleanse

Beginning this Sunday, April 19th, Meghan Telpner, a certified nutritionist, will lead a virtual 3-Day Green Smoothie Cleanse that she has aptly nicknamed "Spring Green Cleaning." Thus far, the expected participants span 5 countries, and anyone else interested can still opt to join in by Sunday. For those interested, there will be two levels of participation with this cleanse. You can follow along through the information that will be posted on Meghan's blog which will include, in addition to the information already shared, the following:

- A Basic Green Smoothie Recipe and List of foods that will make up the Green Smoothie Cleanse (and how to create your own amazingly mixtures)
- An outline of why we could all use a good cleansing
- A General Cleansing Day Schedule
- List of Cleansing Herbs that can be taken as teas to enhance cleansing action
- A compiled list of the Q&A that have come up from readers

Those who wish to take it a step further and become a Super Green Clean Participant will receive a complete Green Cleansing Tutorial that includes the following:

### Before You Begin

- What Is A Smoothie?
- What Equipment Is Needed
- Why Cleanse?
- What To Expect From A Change In Diet
- The Herrings Law of Cure
- The Benefit of Eating Raw
- Conscious Eating
- Pre Cleanse Pep Talk
- Easing The Transition

### The Cleanse

- The Leafy Greens
- The Sea Greens
- The Fruits
- Additional Super Foods, Fats and Protein
- Smoothie Support: Other Acceptable Drinks
- Cleansing Herbs and Teas

### Lifestyle Cleansing Tips

- Meditation
- Exercise
- Yoga
- Rebounding
- Dancing (Yes dancing!)
- Dry Skin Brushing
- Infrared Sauna
- Enemas/Colonics

### Smoothie Recipes

- Smoothie Food Options
- At least 9 Recipes to choose from

### Guides and Tools

- Daily Schedule On The Cleanse
- Shopping List
- Food and Mood Journal
- Mindful Meditation Practice
- Yoga At Home: Recommended detoxing yoga postures
- Skin Brushing: A How To Guide
- Enemas: A How To Guide
- Post Cleanse Healthy Eating Guidelines

Super Green Clean Participants will also be invited to the Kick Off Conference Call that will take place on Saturday, April 18th and a wrap up call on the evening of Tuesday, April 21st.

To learn more about the Smoothie Cleanse and to participate, visit the Green Cleanse section of Meghan's website.